

CANCER SURVIVORSHIP IN DELAWARE

In 2019, more than 16.9 million cancer survivors lived in the U.S.
By 2030, that number is projected to reach more than 22.1 million.

- American Cancer Society



ANXIETY AND DISTRESS

In long term cancer survivors, anxiety and distress are more common than in their peers who have never had cancer.

APPROACHES for Coping with Anxiety and Distress:

- Acceptance and Commitment Therapy (for fear of recurrence)
- Storytelling (help survivors and caregivers cope)
- Exercising together
- Telehealth (for rural areas)
- Resources
- Finding a silver lining

For more information on these approaches speak to your healthcare professional or visit: https://www.cancer.gov/news-events/cancer-currents-blog/2020/cancer-survivors-managing-anxiety-distress?cid=eb_govdel

There are a variety of programs available to cancer survivors in Delaware through Cancer Support Community Delaware.

The Cancer Support Community provides assistance in addressing the unique post-treatment needs of survivors including support groups, health coaching, educational workshops and mind-body stress reduction.

You can find contact information and more program details on the Cancer Support Community Delaware website here: <https://cancersupportdelaware.org/>, or by calling the location closest to you:

New Castle County

Wilmington: 302-995-2850

Middletown: 302-734-0898

Kent County

Dover: 302-734-0898

Sussex County

Rehoboth Beach: 302-645-9150



REMEMBER TO ASK YOUR DOCTOR IF YOU ARE UP-TO-DATE ON CANCER SCREENINGS!

- **Breast** - all women age 50 - 74
- **Cervical** - all women age 21 to 65
- **Colorectal** - men and women age 50 to 75
- **Lung** - men and women age 55 to 80, who meet certain criteria
- **Prostate** - men age 50 and older, African-American men age 40 and older

CANCER RELATED FATIGUE

The most common side effect of cancer and cancer treatment is fatigue. **What can you do?**

- Talk with your healthcare provider
- Rest, but not too much
- Physical activity/exercise
- Get enough sleep
- Plan/Prioritize activities
- Follow a healthy diet
- Stay socially active
- Manage anxiety and depression/emotional support

For more information speak to your healthcare professional or visit: <https://www.cancer.org/treatment/treatments-and-side-effects/physical-side-effects/fatigue/managing-cancer-related-fatigue.html>

CANCER THRIVING AND SURVIVING SELF-MANAGEMENT PROGRAM

Free 6 week sessions for persons dealing with life after cancer. The program provides tools for living a healthier life.

- Small groups
- 2.5 hours per session
- 1 Session per week for 6 weeks
- Community setting

For more information or to book a session online: <https://www.Healthydelaware.Org/individuals/programs/cancer/self-management>

Thanks to advances in early detection and treatment, the number of cancer survivors in Delaware continues to grow.

DIGITAL CANCER SURVIVORSHIP RESOURCES

American Institute for Cancer Research (AICR) - Funds cutting edge research and gives people practical tools and information to help them prevent — and survive — cancer. Survivor resources include exercise and nutrition resources. <https://www.aicr.org/patients-survivors/index.html>

Cancer + Careers - Empowers and educates people with cancer to thrive in their workplace, by providing expert advice, interactive tools and educational events. <https://www.cancerandcareers.org/en>

CancerCare - Dedicated to providing free, professional support services including counseling, support groups, educational workshops, publications and financial assistance to anyone affected by cancer. All Cancer Care services are provided by oncology social workers and world-leading cancer experts. <https://www.cancercare.org/>

Cancer Care Coordinators - Help, services and emotional support at no cost through all stages of treatment. Cancer care Coordinators are on staff in every Delaware hospital to help with emotional support, coordinating appointments, and transportation. <https://www.healthylivingdelaware.org/Individuals/Programs/Cancer-Care-Coordinators>

Cancer Financial Assistance Coalition (CFAC) - A coalition of organizations helping cancer patients manage their financial challenges. Search by cancer type and zip code to find resources in your area. <https://www.cancerfac.org/>

Cancer Support Community - Provides professional programs of emotional support, education and hope for people impacted by cancer at no charge so that no one faces cancer alone. <https://www.cancersupportcommunity.org/>

Healthy Delaware - Online resource for information on prevention, testing and treatment of chronic diseases. <https://www.healthylivingdelaware.org/Individuals/Cancer/Survivorship>

LiveStrong - Provides direct services to anyone affected by cancer, connects people and communities with the services they need, and calls for state, national and world leaders to help fight this disease. LiveStrong has a range of resources available to Cancer Survivors at any stage of treatment. <https://www.livestrong.org/we-can-help>

National Cancer Survivor's Day - List of additional survivorship resources. <https://www.ncsd.org/cancer-survivorship-issues>

OncoLife - Provides a free digital Survivor Care Plan. This free and easy to use program provides cancer survivors with information regarding the health risks they face as a result of cancer therapies. https://oncolife.oncolink.org/form/oncolife_v11/

The American Cancer Society (ACS) has published a guide for cancer survivors called *Life after Treatment, The Next Chapter in Your Survivorship Journey*. This free guide provides key information for you and your family to discuss with your doctors or nurses, including how to create your own Survivorship Care Plan. You can access the ACS guide through their website here: <https://www.cancer.org/health-care-professionals/national-cancer-survivorship-resource-center/tools-for-cancer-survivors-and-caregivers.html>.

The American Cancer Society Survivorship Information and Resources: <https://www.cancer.org/treatment/survivorship-during-and-after-treatment.html/behealthyaftertreatment.html>

Cancer Survivorship Videos: <https://www.cancer.org/treatment/survivorship-during-and-after-treatment/survivorship-videos.html>

The Centers for Disease Control and Prevention (CDC) Survivorship Information and Resources: <https://www.cdc.gov/cancer/survivors/index.htm>



The healthcare improvement experts.

<https://pubmed.ncbi.nlm.nih.gov/23759376/>
<http://pressroom.cancer.org/SurvivorshipStats2019>
https://www.cancer.gov/news-events/cancer-currents-blog/2020/cancer-survivors-managing-anxiety-distress?cid=eb_govdel
<https://www.mskcc.org/cancer-care/patient-education/managing-related-fatigue>
<https://www.cancer.org/treatment/treatments-and-side-effects/physical-side-effects/fatigue/managing-cancer-related-fatigue.html>

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